

- 1) DOCTOR
  - a) If you're ill, you'd better see a doctor.  
*Hint: Take pulse with bent, 'D'.*
- 2) NURSE
  - a) The nurse will take your insurance information.  
*Hint: Take pulse with 'N'.*
- 3) DENTIST
  - a) You need to go to the dentist twice a year.  
*Hint: 'D' at your mouth.*
- 4) TAKE CARE OF
  - a) Take care of yourself.  
*Hint: Tap 'K' or 'V' hands.*
- 5) CAREFULLY, BE CAREFUL
  - a) Study the facts carefully.  
*Hint: Circle 'K' or 'V' hands out.*
- 6) CARELESS
  - a) Many young children are careless around breakable items.  
*Hint: Wave 'V' hand in front of face once.*
- 7) SOMEONE
  - a) Someone needs to call 911, now!  
*Hint: Index finger makes small circles out in front of the body.*
- 8) PREVENT, BLOCK
  - a) I wanted to turn onto Main Street but the construction blocked off the road.
  - b) Be sure to use sunscreen before you go swimming to prevent sunburn.  
*Hint: 'B' hands cross in front of face.*
- 9) BONE
  - a) I broke my radial head bone when I was running.  
*Hint: Use bent 'V's' to show the outline of a skeleton.*
- 10) BROKEN, BREAK
  - a) A broken bone is not fun!  
*Hint: Two 'S' hands hold the bone on either side and break it apart.*
- 11) WEIGHT, WEIGH
  - a) How much does that steak weigh?  
*Hint: DH 'U' teeters on NDH 'U'.*

12) HIGH

- a) If your blood pressure gets too high, it can cause a stroke.

*Hint: 'H' goes straight up.*

13) LOW

- a) The humidity is low today even though the temperature is high.

*Hint: Flat 'B' palm down.*

14) DIET

- a) A doctor may advise you to go on a diet if your weight is at an unhealthy level.

*Hint: FOOD + Push the food off your NDH repeatedly.*

15) PRIVATE, CONFIDENTIAL, SECRET

- a) Please lock up these confidential medical records.

*Hint: 'A' hand on mouth.*

16) FOOT

- a) My right foot was cut on a piece of glass.

*Hint: F-O-O-T plus use your hands to show the feet.*

17) OXYGEN

- a) You can't smoke if you are oxygen.

*Hint: O2.*

18) SIDE

- a) Is the pain on your right or left side?

*Hint: Run closed '5' hand along side of body.*

19) PULSE

- a) Finding TPR means taking someone's temperature, pulse, and respirations.

*Hint: Take a pulse on your wrist with full hand.*

20) LAID-UP

- a) My dad hurt his back and was laid up for eight weeks.

- b) When I was sick with the flu, I was out of commission for two weeks.

*Hint: Two sets of legs up in the air.*

21) HURRY, RUSH

- a) Doctors have to hurry if there is a code blue.

*Hint: 'H's' move away from body.*

22) INCREASE

- a) We must increase your medication.

- b) Has your weight increased?

*Hint: 'U' hands with DH going up.*

23) DECREASE

- a) My car insurance rate decreased 5%.
- b) For my dog to be healthy we must decrease his weight by twelve pounds.

*Hint: Opposite of INCREASE.*

24) LIE DOWN

- a) If you feel dizzy, lie down on your back.

*Hint: Show a person with two legs lying on their back with your DH palm up.*

25) LIMIT, RESTRICT

- a) The speed limit is 55 mph.
- b) Diabetics need to restrict their sugar.

*Hint: Closed, bent '5's' turn to show only 'this much'.*

26) MEASURE, SIZE

- a) I need to measure your foot.

*Hint: Two 'Y's' touching end to end.*

27) MEDICINE, MEDICATION

- a) My sister takes medicine for her arthritis.

*Hint: '5' hand with bent middle finger smashes pill in NDH palm.*

28) TAKE-A-PILL

- a) Edith takes her pills at night.
- b) I'm taking vitamins every morning.

*Hint: Pop a pill into your mouth by flicking '11' once.*

29) PILL

- a) Count out seven pills.

*Hint: Pop a pill into your mouth by flicking '11' twice.*

30) DRUG ADDICTION

- a) Many teenagers go to counseling for substance abuse.

*Hint: DRUG/MEDICATION + ADDICT.*

31) EMERGENCY

- a) When there is an emergency, call 911.

*Hint: Shake 'E's'.*

32) WORSE

- a) He beat his wife and worse than that, he may have killed her.
- b) My parents let me borrow the car but even better they gave me \$25 dollars for gas.

*Hint: 'V's' cross.*

33) AMBULANCE

- a) The ambulance reported to the scene of the accident.

*Hint: Flashing lights with palms facing up.*

34) SWALLOW/THIRSTY

- a) I cannot swallow pills no matter how small they are.

*Hint: Trace the path of swallowing from mouth to throat with '1' DH.*

35) HOSPITAL

- a) Sparrow Hospital is on Michigan Avenue.

*Hint: 'H' hand makes symbol of cross on NDH upper arm.*

36) CLINIC

- a) The public health clinic is giving free X-rays this week.

*Hint: 'C' like HOSPITAL.*

37) PATIENT

- a) Susan is Dr. Cohort's patient.

*Hint: 'P' like HOSPITAL.*

38) REFERRAL

- a) Some insurance companies require a referral from a primary care physician.

*Hint: SEND with 'R'.*

39) WHEELCHAIR

- a) The hospital provides wheelchairs for patients.

*Hint: Mime spinning the wheels.*

40) BANDAGE

- a) I cut my finger, do you have a bandage?

*Hint: Mime applying a sticky bandage or wrapping an ace bandage.*

41) BLOOD PRESSURE

- a) The nurse will take your blood pressure.

*Hint: Show the blood pressure cuff on NDH upper arm.*

42) BREATHE

- a) Take three deep breaths.

*Hint: Two flat, closed '5' hands go in and out from your chest.*

43) HURT, INJURE, INJURED

- a) The baseball player hurt his leg.

*Hint: Two '1' hands radiate around point of pain.*

44) EARACHE (HEADACHE, STOMACH ACHE, ETC)

- a) I have had an earache for the last three days.

*Hint: HURT near ear.*

45) INJECTION, SHOT

- a) The babies get four injections before they leave the hospital.

*Hint: Mime giving a shot.*

46) HEART ATTACK

- a) Women have more heart attacks than men.

*Hint: HEART + HIT.*

47) STROKE

- a) The stroke left her right side paralyzed.

*Hint: THINK + DH 'S' hits under NDH palm face down.*

48) INFECTION, INSURANCE

- a) Bacteria cause an infection.

- b) Ninety percent of Americans have insurance.

*Hint: Shake 'I'.*

49) SUICIDE

- a) Some antidepressants make people more likely to commit suicide.

*Hint: KILL + SELF.*

50) SURGERY, OPERATION

- a) The operation was a complete success.

*Hint: Scrape NDH palm with DH thumb of '10' handshape.*

51) LOOK OVER, EXAMINE

- a) Please look over the x-rays.

- b) The doctor will examine the moles on your back.

*Hint: Two sets of eyes alternate circles over what is being examined.*

52) VOMIT

- a) The girl vomited on my shoe.

*Hint: Use '5' hands to show vomit coming out of your mouth.*

53) STOMACH

- a) Cows have three stomachs.

*Hint: Show the location on your body.*

54) EPIDEMIC

- a) The Swine Flu Epidemic never really came to pass.

*Hint: HIT + SPREAD.*

55) BLOOD

- a) I give blood to the Red Cross.

*Hint: RED + '4' hands trickle blood.*

56) CONTRACT, CATCH

- a) Magic Johnson probably contracted HIV from having unprotected sex.

*Hint: Pull middle finger and thumb together back to NDH index finger.*

57) CONTAGIOUS

- a) The flu is highly contagious and thus dangerous in places where people are close together.  
*Hint: CAN + CATCH.*

58) BACK

- a) My dad's back has hair on it.  
*Hint: Point to back with '10' hand over shoulder.*

59) BRAIN

- a) Marijuana kills your brain cells.  
*Hint: Touch temple with 'X' hand.*

60) HANDICAPPED

- a) Handicapped is an outdated term used to describe persons with disabilities.  
*Hint: H-C.*